



The Benefits Bulletin

Statewide Benefits
Office

November 7, 2019

FSA Open Enrollment

FSA Open Enrollment is going on now and ends **November 15, 2019**. An FSA allows you to save money on medical, vision, dental and prescription expenses for you and your family; and dependent childcare expenses! This enrollment is for a Short Plan Year, which makes it the perfect time to try an FSA. It will be important to estimate your expenses for **ONLY** the **six month Short Plan Year** that will be **January 1, 2020 through June 30, 2020**.

REMEMBER, YOU MUST ENROLL EACH PLAN YEAR. Additional information, including the FSA informational video and the **NEW** Test Your Knowledge activity, is available on the Statewide Benefits [Flexible Spending Account](#) page.

How Safe is Your Hospital?

Think about the last time you bought a car or major appliance. Did you do your homework? Did you compare features and warranties?

Are you aware that similar tools exist to compare hospital quality and safety? Hospitals can vary greatly on things like infection rates, patient injuries and surgical errors. Choosing a hospital, in case of an emergency or for a planned procedure or giving birth, doesn't have to be a daunting task. The SBO website has free, consumer-friendly tools to help compare hospital quality and safety like the [Leapfrog Hospital Safety Grade](#). Hospitals receive a letter grade of A through F based on their overall safety performance.

Hidden Treasures Find the hidden code on the EyeMed page on our website and email the code to sbo.communications@delaware.gov (Subject: Hidden Treasures). The first person to email the correct code will win a prize. Congratulations to last month's winner, Amy P., Dept. of Finance!

LEAPFROG
HOSPITAL
SAFETY GRADE

SEBC Spotlight

Diabetes is one of the leading causes of disability and death in the US. One in 10 Americans have diabetes — that's more than 30 million people. Conservatively, 23.84% of Delaware adults have diabetes, or are at high risk of developing type 2 diabetes. To raise awareness about diabetes and healthy living, the SEBC proudly supports American Diabetes Month.

Through advocacy and awareness, programs, and initiatives, your State health plan aims to bring attention to the severity of the problem. Together, we can fight to reduce the impact of this global epidemic. Health plan members are encouraged to take advantage of the resources available to them: 24/7 nurse lines, health coaching and diabetes prevention and management programs, savings on diabetic medications, free testing supplies, Livongo® and [more](#).

Visit the [Diabetes Wellness Expo](#) at Dover Downs on November 19 for health screenings, giveaways, and information on diabetes management, nutrition, exercise and related health issues.

Employee Spotlight

"... I've been using the Livongo meter since the beginning of August, and I am quite impressed with the benefits associated with the meter. It transmits each test result to Livongo, which stores the info and generates detailed reports that I can send to the doctor's office, review on the web on my computer and print out, or monitor on my Livongo phone app. The Livongo phone app also connects with my phone health app to record steps and other health info. ..."

[Read the full testimonial.](#)

~Joe A., Retired State Employee